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AMERICA SUPPORTS YOU

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Hoop-It-Up

It was time to Hoop-It-Up at the NSA Mid-South gymnasium last Friday. See Page 4 for details. (Photo by Art Frith)

Navy program steps up to fitness

BY JO2 AMIE HUNT
NPC COMMUNICATIONS OFFICE

The Spring PRT cycle approaching, with the goal of a Navy fit, prepared and ready for any challenge; and a healthy lifestyle is the way for each sailor to get there. "The goal is that everyone from the highest-ranking admiral to the newest seaman recruit is motivated to adopt a personal plan to get fit, stay fit and set an example of physical readiness others want to follow," said Vice Adm. John Harvey Jr., chief of Naval Personnel. "We simply cannot afford to have a Navy that isn't 100 percent lean, fit and ready to take the fight to our enemies at a moment's notice."

The Navy is moving in a new direction to implement a Culture of Fitness. Capt. Mike Osborne, director of Wellness and Prevention Programs Divisions at the Navy Personnel Command, has extended that term to include other aspects within a culture of readiness. In fact, he recently encouraged his staff to host a special post-PRT picnic to include a healthy cooking demonstration and activities encouraging fitness.

"A culture of fitness hinges on choice. Much like

Navy core values, a sailor needs to realize that personal wellness depends greatly on day-to-day choices," said Osborne.

Performed by a registered dietitian and chef, Lt. Cmdr. Jim McGowan, the demonstration featured a variety of healthy foods such as turkey burgers, fat-free hot dogs, skinless chicken, soy burgers and chili, and fresh fruits and vegetables (all purchased at base commissary). The successful event included low-fat cooking techniques, recommendations on healthy choices when dining out, quick and healthy meals. The menu was highly praised as an alternative to fare such as sliders and chips, typically served after a PRT.

"Whenever you think of wellness, you think of good health. We go beyond just physical health," Osborne said. "We in PERS-67 look at it as an umbrella of wellness where we are looking at a sailor in a holistic approach - mind, body and soul or emotion."

"By including programs such as nutrition, tobacco cessation, drug and alcohol abuse prevention, stress

See Fitness, 4

New Command Master Chief Spouse leadership course established

BY JOC MICHAEL FOUTCH
MASTER CHIEF PETTY OFFICER OF THE
NAVY PUBLIC AFFAIRS

WASHINGTON (NNS) — A cooperative effort between the Naval Education and Training Center and Naval Services FamilyLine has created a new leadership course designed to offer the spouses of command senior enlisted leaders the tools to navigate the opportunities and meet the special challenges of their position.

The Command Master Chief Spouse Leadership Course will help prepare senior enlisted spouses for the unique leadership and relation-

ship issues involved in representing the command, said ombudsman-at-large Doreen Scott, and will provide the ability to inspire and motivate others as an integral member of the Command Support Team.

The first course is scheduled to convene this spring at the Command Leadership School in Newport, R.I., where spouses will join the curriculum during the second week of the two-week Command Master Chief (CMC) and Chief of the Boat (COB) Course.

"We want the spouses of our CMCs and COBs to go into their job with a better understanding of what it is to be involved with the Command Support Team and the

Ombudsman program, and how they can be better prepared for whatever level of involvement they choose," Scott said.

The curriculum for the one-week course includes lessons in situational leadership, values, ethics, conflict resolution, stress and crisis management, and naval heritage, customs and traditions, and gets a brief from the Center for Career Development. In addition to in-depth discussions of the Ombudsman Program and the Command Support Team, students also will have an opportunity to learn from the real life experiences of a former CMC and spouse. The course also offers an opportunity for

the CMCs and COBs and their spouses to work together to develop a Command Support Team Charter to enable them to work better together as a team in their new assignment.

"It is crucial that the CMC or COB and spouse fully understand each other's expected participation in all facets of the tour on both professional and personal levels," said Kip Route, chairman of Naval Services FamilyLine.

"We want to give them some preparation for all the challenges this tour may present so we can make this a positive and rewarding experience," Scott said, "so they can look back saying they gave it their

best rather than looking back and saying, 'if only I would have known ...'"

The Command Master Chief Spouse Leadership Course is modeled after the Command Spouse Leadership Course, which was established in 1997 to capitalize on the positive impact the spouses of commanding officers may have on a command. This course seeks to do the same with the spouses of command senior enlisted leaders. Developers for the two courses will work together closely on the curriculum so that all members of the Command Support Team have the tools to pursue the same goal within a command.

Voting assistance officers help sailors with absentee voting process

BY JOC (SW/AW) SHERRI ONORATI
NAVY VOTING ASSISTANCE PROGRAM MARKETING

The Navy is encouraging Sailors and their families to take part in the 2006 election season with help from the Navy Voting Assistance Program.

The program and its Navy voting assistance officers can assist with the process of absentee voting in time for the start of this year's election season, which begins March 7.

"The Navy Voting Assistance Program is here to assist every Sailor who is eligible to vote," said Lt. Dave Truman, Navy Voting Assistance Program manager at the Navy Installations Command, Millington Detachment. "Sailors can still vote in their state primary through the process of absentee voting, even though they may not physically be in the state."

Generally, all U.S. citizens 18 years or older who are or will be residing outside the United States during an election period are eligible to vote absentee in any election for federal office. In addition, all members of the uniformed services and their family members who are U.S. citizens may vote absentee in federal, state and local elections.

Once filled out and mailed to the applicant's local voting official in their state of residence, the FPCA acts as a request for absentee ballots for any elections to be held that year. The Federal Post Card Application (FPCA) is available to all U.S. citizens from local voting assistance officers and the Federal Voting Assistance Program Web site at www.fvap.gov.

"The FPCA should be completed and submitted every year," Truman

See Voting, 4

M-16 TRAINING

NSA Mid-South security personnel fire M-16 rifles at paper targets from 25-yards away. Security personnel regularly conduct live firing exercises to keep weapon accuracy and familiarization up to the highest levels in order to maintain security integrity around the base (Photo by PH2 Jayme Pastoric)

NEWS BRIEFS

We're Back! - The Bluejacket is once again available online at <http://www.nsamidsouth.navy.mil>.

The web address for on-line vehicle decal renewal has been updated.
The new address is <https://www.pid.cni.navy.mil/form2.asp?Region=CNRSE>.

Calendar of Events - The Bluejacket is excited to announce the new home of information events coming to your area. The Calendar of Events has a new home on page 2 of your Bluejacket. The Calendar of Events is the place to turn to for events in the NSA/Millington area.

All submissions from non-profit organizations and base agencies will be accepted. Prices will not be included in Calendar information, so please leave enough contact information for questions.

Send us your submissions today at bluejacketmil@yahoo.com.

Send us your comments to bluejacketmil@yahoo.com.

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COMMENTARY



Service record maintenance - It's YOUR job

For every day you serve in the Navy, the need for you to properly maintain your service record increases. If you are the type of person who thrives on organization and have an eye for details, you will probably be just fine. However, if you are not very organized, you may be setting yourself up for some problems when you become more senior and record errors might cause you advancement problems.

Enlisted personnel have two records: a field service record maintained by your local PSD, and an official record, maintained electronically by the Navy Personnel Command. Some of you may assume that if your field service record is accurate, so must your electronic record be. That assumption could be wrong. One does drive the other, but the information in your field service record is only added to your electronic record upon reenlistment (with a couple notable exceptions like evaluations/fitness reports and personal awards).



BY PLTCM(AW/SW)
JON R. THOMPSON

First, your field service record: This record is your "hard" copy of all your qualifications, achievements, schools, orders, security information, awards, evaluations or fitness reports, etc. You should review it periodically to ensure that everything is up-to-date, especially your Page 4. Depending on your rank and position, and your PSD's policy, you may not have the ability to physically check your record out, but each of you maintains the right to review your record (even if in the

confines of the PSD). You should always make sure your field service record is up to date before reviewing your electronic record.

Your electronic record is available for review using the BUPERS online Web site: <http://www.bol.navy.mil>. If you have not logged on and gained a password, you need to do so. Within the BOL web site you will have access to a variety of services and records: Advancements, Application Status, FITREP/eval reports, PSR/ESR, PRIMS, SRB info, your current orders, and you and you can order your official record on CD.

Since this web site maintains an on-going status of your record, you should visit this site often and ensure the data shown is accurate. You should also order your official record on CD at least annually and about six months before you appear before any selection board. It's important to order your record early because if there are errors found, it's your responsibility to get the errors corrected.

Selection board view errors as YOUR fault and the board will hold you accountable. Do yourself a favor, review early and make sure you are not one of those unfortunate sailors who are passed up for advancement or selection because their records were not accurate.

Now that you know where to view your record, I'd like to talk about what information you should be reviewing. Basically, you want to ensure the following things are completely accurate:

- * Evaluations / fitness reports;
- * Awards;
- * Education information (both Navy schools and civilian education); and
- * Special qualifications (warfare qualifications, special NECs, certifications).

I'm also a firm believer in making copies of everything and my advice to each of you is to create a file that you can reference at any time that has copies of everything pertaining to your career. I think you will find that having

such a file will serve you over and over if you stay in the Navy for a career.

Why is record maintenance so important? If it isn't already obvious, I'll share with you one of the biggest frustrations of the master chiefs who sit on selection boards: Inaccurate or incomplete records! Your record has to stand by itself. If you have errors, those sitting on selection boards cannot correct them, nor guess what might be correct. Also, keep in mind that if you have something missing from your record, YOU may be the only person who knows it's missing. Board members review what is before them only and cannot assume or guess. You owe it to yourself to ensure your record reflects your complete career.

Here's a bit of advice: Every time you achieve a career milestone, whether that's a school, certification, qualification, NEC, etc. you should do the legwork to ensure it gets entered properly in your service record. Receiving a graduation certificate at a ceremony

is not the last step in the process ... ensuring the document is reflected in your record is the final step. While it is true others often take care of some of this for you, ultimately it's your responsibility to ensure the data entry was done, and was done accurately.

Shipmates, I encourage all of you to prepare for advancement smartly. While it's true you need to accomplish much to prepare for each new paygrade, the time it takes to achieve that next paygrade can sometimes be tied to how "squared away" your service record is. Take the time to get it right. If you are missing something, or notice errors, take the time to get the help you need to correct the problem. When you order your record on CD, there are instructions about how to correct errors. Also, check with your local PSD if you have questions - the folks at the PSD are experts and can get you quick answers to your questions. Get organized, check your record often, and good luck!

FINANCIAL FITNESS COLUMN

Hanging on? Don't be that guy!

BY JULIE HIRSHAN AND JESSICA MEITH - FLAGLER COLLEGE SIFE

It's springtime, that time of year when a young man's fancy turns to thoughts of love and cleaning out the closets. Unfortunately, clutter doesn't only exist in our closets. The average American home-owning family accumulates more than 1,000 financial statements and receipts each year. Like everyone else, you hang onto every slip of paper and don't know what to get rid of. Don't be that guy! This season, plan to give your finances a spring-cleaning. Here are some places to start:

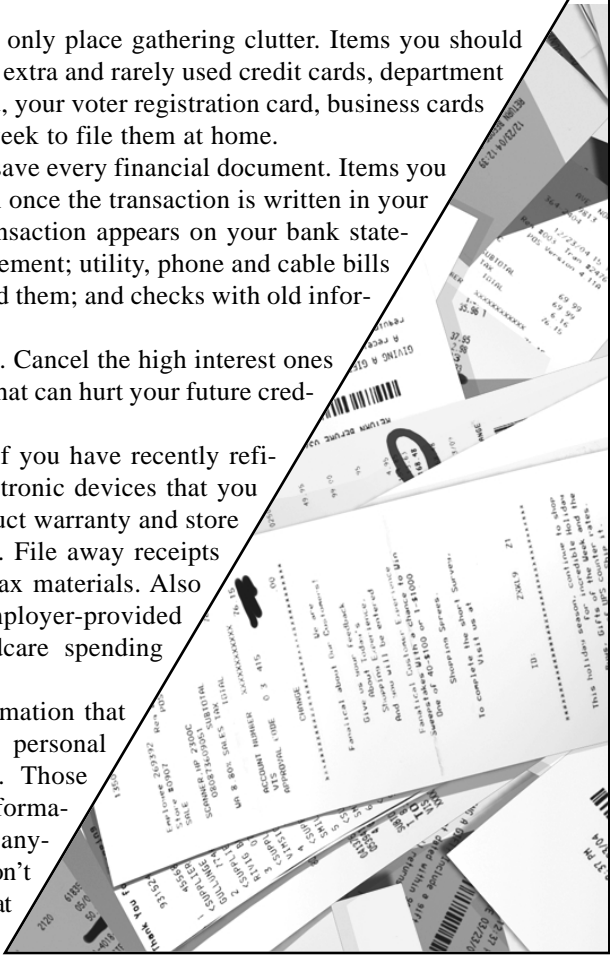
Your Wallet: Your home office isn't the only place gathering clutter. Items you should consider removing from your wallet include extra and rarely used credit cards, department store charge cards, your Social Security card, your voter registration card, business cards and receipts. Set aside just five minutes a week to file them at home.

Financial Records: It isn't necessary to save every financial document. Items you can get rid of include ATM receipts for cash once the transaction is written in your checkbook; bank deposit slips once the transaction appears on your bank statement; receipts once they appear on your statement; utility, phone and cable bills once you have checked for accuracy and paid them; and checks with old information on them, like outdated addresses.

Credit Cards: Review your credit cards. Cancel the high interest ones even if you use them or not. Get rid of any that can hurt your future credit or loan applications.

Things to Keep: Keep mortgage notes if you have recently refinanced, and receipts for appliance and electronic devices that you are currently using. Staple them to the product warranty and store in a place designated for these items alone. File away receipts for items that are a deductible with other tax materials. Also keep receipts for any expenses that employer-provided health may reimburse you for, like childcare spending accounts.

Shred It: Any items with personal information that you toss, make sure you shred to ensure personal security and guard against identity theft. Those items include junk mail (with personal information), bank statements, old checks, bills and anything with your social security number. If you don't have a shredder, you can buy one for about \$35 at any store that sells office supplies.



CALENDAR OF EVENTS

MARCH 23 - The Navy Band Mid-South and the Gaudete Brass from Chicago and Milwaukee will present a brass quintet recital on Thursday, March 23 at 7 p.m. at Immanuel Lutheran Church, 6325 Raleigh-LaGrange Rd., Memphis. For information call (901) 874-5785. Admission is free.

MARCH 24 - The 2006 Women's History Month luncheon will be held at the Helmsman Complex Ballroom on Fri., March 24 @ 1130. For tickets and more information, call the Base Chapel @ 874-5341.

MARCH 26 - The beloved Prokofiev favorite "Peter and the Wolf" played by the Memphis Symphony Orchestra and narrated by actress Priscilla Presley begins at 2:30 p.m. Sunday March 26 at the Cannon Center for the Performing Arts. The second concert in the Arthur F. & Alice E. Adams Charitable Foundation Family series is the classic way of introducing children to the instruments in an orchestra. The pre-concert activities start in the Cannon lobby at 1:15 p.m. They include such things as the Instrument Petting Zoo, Musical Bingo, storytelling, and crafts.

APRIL 1 - St. Anne's Episcopal Church at 4063 Sykes Road in Millington will hold its annual Attic Treasures and Plant Sale from 8 a.m. to 2 p.m. April 1. Treasures will include Department 56 Christmas Village Collectibles, clothes, furniture, books and more. Gardeners will find flowering shrubs, ground covers, vegetable starters, blackberry lilies and much more. For more information call Diana Ward at the church at 872-0303.

APRIL 3 - There will be a Cultural Diversity Committee meeting Monday, April 3 at 10 a.m. The meeting will be held at the Lassen Bldg. in conference room 259. This is a new committee designed at promoting diversity throughout the base, all commands are encouraged to send a representative. For additional information contact ABEC(AW)Hill at 874-4405, MA2 Freeman at 340-8457 or MA2 Ocampo at 628-8846.

MONTHLY - The Memphis chapter of the Vietnam Veterans of America meets at the Ridgeway Baptist Church the first Thursday of every month at 7 p.m. Veterans, family and friends of veterans and those interested in learning more about Vietnam Veterans are cordially invited to attend. Please call Paul Boudy at 874-3947 for more information.

This civilian enterprise newspaper is an authorized weekly publication for members of the military services. Contents of *The Bluejacket* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Navy. The appearance of constitute endorsement by the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or *The Millington Star*, of the products or services advertised.

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Navy revamps leadership courses

The Center for Naval Leadership (CNL) recently introduced its new curriculum for First Line and Primary Leader Development courses.

The two formerly nine-day in-residence courses have been renamed and replaced with five-day courses, the Workcenter Supervisor and Leading Petty Officer leadership courses, respectively. They have also been integrated with online e-learning available through Navy Knowledge Online. This change has effectively reduced the time Sailors spend in the classroom and away from their parent commands by half. Regardless of rank, the courses are open to Sailors who need the tools and skill sets to effectively manage their responsibilities.

For more information on CNL and the specifics of leadership development programs, log on to NKO at <https://www.nko.navy.mil/>.

Chaplain's Corner

CELEBRATING GOD'S FAITHFULNESS

BY CHAPLAIN ROB BEEDE

Recently I had a birthday. As I get older, I seem to be suffering from what one person calls "furniture disease." They describe the symptoms as being "When you chest falls down into your drawers!" It is a joke, and yet the symptoms are true: my chest is not as muscular as it used to be and my waistline is beginning to bulge (and, at least one fellow worker would add that she feels I'm losing my memory- but that's Old timer's disease).

The body does change as we age. However, there is one who does not change. All through my life, God's faithfulness has remained the same. He has always taken care of me, and always provided for me. King David found this true as well. More than 4,000 years ago he wrote, "I was one young, but now am old. Yet have I not seen the godly forsaken, nor his children begging bread" (Psalm 37:25).

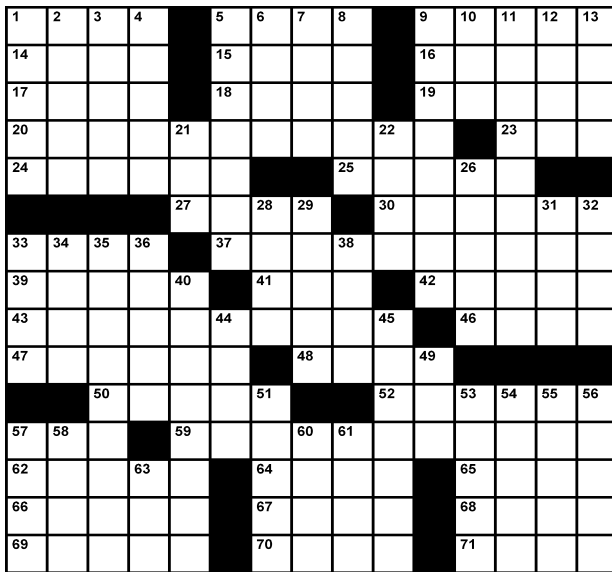
One thing I've learned over the last 50 years: we need not worry or fear. God cares about us and watches over us. That's great news!

Crossword:

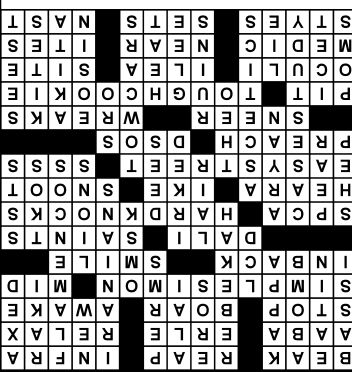
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- ACROSS
- 1 Pelican protrusion
 - 5 Use a sickle
 - 9 Prefix with red or structure
 - 14 A rhyme scheme
 - 15 First name in courtroom fiction
 - 16 Take it easy
 - 17 Familiar sign
 - 18 Part of an old English Christmas feast
 - 19 Up
 - 20 Figure from a popular nursery rhyme
 - 23 East or west lead-in
 - 24 Behind (with "of")
 - 25 Model's asset
 - 27 Surrealist Salvador
 - 30 They have a glow about them
 - 33 Humane org.
 - 37 Adversity
 - 39 "Do I ___ second?"
 - 41 D.D.E., informally
 - 42 Haughty one
 - 43 Lottery winner's locale?
 - 46 Scary sound for a balloonist
 - 47 Spread the gospel
 - 48 Brit. medals
 - 50 Villains do it, typically
 - 52 Brings about
 - 57 Unwelcome fruit part, perhaps
 - 59 Tenacious one
 - 62 Eyes
 - 64 Some intestinal divisions
 - 65 Building location
 - 66 "M*A*S*H" extra
 - 67 Approach
 - 68 Social suffixes
 - 69 Eyelid swellings
 - 70 Match makers
 - 71 Conde ___
 - DOWN
 - 1 Some opera voices
 - 2 Skip the restaurant
 - 3 1945's "Little Boy," for short
 - 4 Phi Beta
 - 5 Noted mother of twins
 - 6 Greek cupid
 - 7 Jai ___
 - 8 Lasting dos
 - 9 Modern Persians
 - 10 Novel
 - 11 Dances accompanied with guitar music
 - 12 Turkish liqueur
 - 13 Terminated ruthlessly
 - 21 Type of PC screen
 - 22 Siberia's second-largest city
 - 26 Detroit gridders
 - 28 Spot for an ocelot
 - 29 Annoyed
 - 31 Some ring stats
 - 32 The Concordes, initially
 - 33 Popular dog name
 - 34 Brandy flavor
 - 35 Business school topic
 - 36 Indo-European
 - 38 Poor grades
 - 40 They make do without



CROSSWORD PUZZLE ANSWERS





BY PAUL X RUTZ
AMERICAN FORCES PRESS SERVICE

WASHINGTON, D.C. - A new Web site featuring resources for military families hopes to become a one-stop information source for job seekers, coupon hunters and charity backers.

Launched earlier this year, MilitaryConnection.com was the brainchild of Debbie Gregory, an experienced executive recruiter who spent six years working as a print advertiser for Defense Department-contracted base newspapers. Gregory said she aimed the site at today's military family.

"I saw that this is an audience that is online a lot. I saw that there were a lot of resources that weren't available to them, and I wanted to do more than just recruitment advertising," she said. "All the databases are free for their use. We're not really selling anything."

The site contains several useful features to support the military's unique needs, Gregory said. Links to hospitals, schools, news, state tax boards, yellow pages, a military pay calculator and a "virtual mall," she hopes, will help military families make smoother transitions between duty stations. The site also provides options for help on resumes and advice for what to do at a job interview. Coupon providers have space on the site, as well, with links to places where families can print out the coupons

they need and take them to their local commissaries and exchanges, she said.

The site's home page prominently displays the banner for "America Supports You," a Defense Department program aimed at facilitating grassroots and corporate support of American troops and their families. Gregory said she has been working with several America Supports You member organizations (including CinCHouse,



Operation Homefront, Fisher House and Toys for Tots), sharing expertise on how best to serve the military community.

"We talked to military family groups, and this is what they told us they wanted," Gregory said. "Military (families) move a lot, and we've learned so much in working with these organizations. When you look at somebody's resume and they've moved a lot, some people don't understand that it wasn't a choice and that they're outstanding candidates."

Gregory said her earlier career placing military people in civilian jobs showed her some big changes in the job market's atti-

tude over the past decade.

"It has gone full circle now," she said. "When I started out in executive search, corporate America wasn't so in tune with how excellent military candidates are. I think today, they're cognizant of it."

Beyond a simple source of advice, Gregory said she hopes her site will become a hub for job seekers looking for companies, and vice versa. In its "virtual job fair," the site contains links to



defense contractors, law enforcement agencies, health care companies and others. Gregory and her group are working on a section featuring restaurant chains, retail chains and insurance companies.

MilitaryConnection.com makes money by selling ads to companies who seek a military audience, many of whom are looking to hire ex-service members. Some of those companies pay to be part of the "featured jobs" section so military members can have access to companies looking specifically for them. "We're not charging a placement fee or anything like that," she said.

"What we're trying to do is put these ads in front of them and connect them," Gregory said she also hopes to connect the companies that sponsor her site with charities that help service members. She said she provides incentives to help that process along, offering discounts to the sponsors and giving them an opportunity to donate directly to the military-friendly charities featured on her site.

"We can't make them give (the discount) to the charity, but we certainly encourage them, and we put the charities front and center on the site," she said. "If we're a company that works with military, we should be supporting military. And maybe we can lead by example so that our clients might become involved."

The site offers companies the direct donation opportunity for two reasons, Gregory said. She wants no one to doubt whether their money goes where they want it to go, and she sees the value in providing a direct relationship between people supporting the troops, allowing them to interact however they see fit. "If they wanted to give more, it facilitates that, rather than us being involved in the middle," she said. "That's not our business." While there is much more to add, already keeping the site on the cutting edge has proven "a challenge," Gregory said, but she believes in her mission wholeheartedly.

"It's a win-win. It's a win for the corporations that advertise because the military candidates are wonderful ... and it's a win-win for the military audience," she said. "And it's a win for the charities. If every time we generate income and a little bit can go to them, that's great."

LEGAL LESSONS

By David Britton Peel
Attorney at Law
www.coleandpeel.com



Mediation

Mediation is a process that can sometimes help parties matters. It is becoming quite common in injury cases that I usually handle. But, it is useful in all kinds of issues. I was recently the mediator in a commercial real estate dispute that resolved well.

A "mediator" is usually an experienced attorney or retired judge, but is not actually required to be an attorney at all.

Mediation and Arbitration are two of the many forms of Alternative Dispute Resolution (ADR). In both, there is a neutral party that essentially is there to help but has no dog in the fight. In arbitration, the neutral party is called the arbitrator and is basically the judge. He or she decides the case after hearing all the evidence presented.

However, a mediator does not decide anything. A mediator tries to work with both parties to find a solution that everyone can live with. There is usually not a big winner or loser, but each party takes control of his or her destiny. That is because there is not settlement unless BOTH sides agree. In a Court, the judge or jury makes all the decisions, not you.

Because of delays, the costs and the huge uncertainty of litigation and trial, mediation is usually worth a try. Mediations vary, but each side should expect to pay \$600.00 to 1,000.00. Compared to trial, that is a pittance.

Also, Proverbs 25:8 instructs that one should not go hastily to Court. Within reason, settlements should be pursued.

If there is not a settlement in mediation, you can still go to Court anyway, and all that was said cannot be used in trial.

I believe in the process. Maybe one day I will help you mediate a dispute.

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

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NOMINATIONS DUE FOR FEDERAL ASIAN/PACIFIC AMERICAN COUNCIL MERITORIOUS SERVICE AWARD

BY JO3CHRIS M. HWANG
NAVY PERSONNEL COMMAND
COMMUNICATIONS OFFICE

MILLINGTON, Tenn. (NNS) — The Navy Equal Opportunity (EO) Office is seeking nominations for the Federal Asian/Pacific American Council (FAPAC) Meritorious Service Award. All packages are due by March 31.

The FAPAC Meritorious Service Award is awarded to a military member who has fostered an innovative and harmonious environment between the military and the Asian Pacific American (APA) civilian community and assisted the work force in overcoming discrimination and eliminating barriers that hinder equal opportunity for APAs and other minorities in the armed forces. "FAPAC, like other cultural observance awards, affords us the opportunity to celebrate who we are as a matter of performance ... in addition to who we are as a matter of parentage," said Alfred Harris, the Navy's EO advisor program manager. Each service is limited to one nomination from the active and reserve components of the Army, Navy, Marine Corps, Air Force and Coast Guard, including the Army National Guard and the Air National Guard.

Nomination packets should include a cover or transmittal memorandum, FAPAC nomination form, narrative describing the nominee's accomplishments, citation summarizing the nominee's accomplishment for inclusion in the program brochure and a digital black and white or color photograph of the nominee.

Navy nominations should be scanned and mailed directly to

the Navy EO Office at Mill_Navy_EO_Advice@navy.mil. Photographs should be digital and not scanned.

Nominations may also be sent via mail to: Navy EO Office, 5720 Integrity Drive, Bldg. 457, Room 249, Millington, TN 38055-6702.

The Department of Defense will observe National Asian American Heritage Month

with FAPAC during their National Leadership Training Conference May 8-12 at the Hilton Hawaiian Village in Honolulu.

For more information about the FAPAC award and the Navy's other diversity events, visit www.npc.navy.mil/CommandSupport/Diversity/ConferenceandObservancesCalendar.htm

Retired Military

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\$1,439 due at signing†
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA, NO SECURITY DEPOSIT REQUIRED.

'06 Jeep® Grand Cherokee Laredo

\$269 a mo. for 36 mos.^{[3] [6]}
\$1,379 due at signing†
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA, NO SECURITY DEPOSIT REQUIRED.

'06 Jeep® Commander

\$299 a mo. for 36 mos.^{[4] [7]}
\$918 due at signing†
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA, NO SECURITY DEPOSIT REQUIRED.

1-800-925-JEEP
JEEP.COM

Hurry, these offers end March 31

See Your Jeep® Dealer

Jeep®

*Must present current military ID, retirement or discharge papers at time of purchase. To be eligible, retirees must have had a total of 20 years of service. See your dealer for details. Financial restrictions apply. [1] Wrangler: Amounts based on an MSRP example with a 29B package after a \$2,500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,808, which includes a down payment of \$1,608 and first month's payment of \$199. Offer requires dealer contribution of \$1,000. 36-monthly payments equal \$7,173. [2] Liberty: Amounts based on an MSRP example with a 29B package after a \$2,500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,439, which includes a down payment of \$1,220 and first month's payment of \$219. Offer requires dealer contribution of \$968. 36 total monthly payments equal \$7,981. [3] Grand Cherokee: Amounts based on an MSRP example with a 26E package after a \$2,500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,379, which includes a down payment of \$1,179 and first month's payment of \$200. Offer requires dealer contribution of \$1,000. 36 total monthly payments equal \$9,696. [4] Commander: Amounts based on an MSRP example with a 26S package after a \$1,000 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$918, which includes a down payment of \$619 and first month's payment of \$299. Offer requires dealer contribution of \$1,593. 36 monthly payments equal \$10,776. †Security deposit is waived for qualified lessees. Tax, title and license extra. Pay for excess wear and mileage of \$.20/mile for each mile over 12,000 miles per year plus a \$450 lease turn-in fee, if vehicle is returned at end of term. Option to buy or lease and pre-negotiated price plus a \$50 purchase option fee. Each participating dealer's actual term may vary. [5] Offer through Chrysler Financial. Residency restrictions apply. Must take delivery by 3/31/06. Jeep is a registered trademark of DaimlerChrysler Corporation.



March Madness

The Commander Navy Recruiting Command (CNRC) "Hoop-It-Ups" are the NSA Mid-South 2006 Intramural Basketball Tournament champions. They defeated the Personnel Support Activity Detachment Memphis "Ballers" 48-40 last Friday. Caesar Hill led CNRC scoring with 12-points.(Back Row) AZC Spencer Gardner, NCCM David Duncan, YN1 Michael Nash, CEC James Solomon, Lt(j.g.) Nathaniel Smith (Front Row) ITC Caesar Hill, OSI Thomas House, YN3 Tarence Keith. (Photo by Art Frith)

HEALTHY HOUSEHOLD HABITS FOR CLEAN WATER

Provided by the NSA Mid-South Environmental Department

Sometimes we take clean water for granted. We turn on the taps and there it is. But like every other natural resource, there's a limit to just how much clean water there is to go around.

Samples of our storm water runoff are taken annually and the results submitted to the State of Tennessee as required by our storm water permit. The NSA Mid-South commanding officer will receive any notices of violation for environmental deficiencies. Fines, imprisonment, captain's mast, etc. can occur from environmental mishaps. Each of us can be personally held accountable for our actions and be made to suffer the consequences for inappropriate actions.

Some water pollution prevention

steps include:

- * Don't store materials outside;
- * Keep all dumpsters closed except when placing items inside or removing wastes;
- * Maintain all vehicles - don't bring a leaking vehicle on the installation;
- * Use a car wash rather than washing your vehicle in your driveway;
- * Mop water is to be discharged to the sanitary sewer system rather than be poured onto the ground or in the storm water drains;
- * Keep litter in its place - please don't litter;
- * Cleanup after your pet;
- * Use fertilizers sparingly; and
- * Avoid pesticides.

Also if you see any illicit storm water discharges, report them to NSA Mid-South Environmental Department at 874-5367.

Fitness

CONTINUED FROM 1

management and suicide prevention, the Navy invests in and benefits from the whole sailor and balances all aspects of wellness," said Heather Pouncey, head of the Physical Readiness Branch.

A fit force increases the wellness and productivity of personnel and decreases lost man-hours. In order to combat decreased productivity, sailors need to maintain optimum physical fitness. According to Pouncey, Navy will provide the right tools and resources to sailors, so they can stay fit and be more combat effective and improve their individual readiness.

"The overall factor is about mission readiness. The Navy is becoming more and more competitive. In order to fill the roles in Iraq

Voting

CONTINUED FROM 1

said. "Not only does it act as an absentee ballot request form, but it also informs the local voting election official of the Sailor's current mailing address and confirms voting registration."

Voters in state primaries will select their party's candidates for state and federal offices, such as governor, U.S. senator, and members of the U.S. House of Representatives. Dates for the 2006 state primaries are scheduled throughout the year. Visit www.cni.navy.mil/NavyVote/Index.html or consult your local Voting Assistance Officer for a particular state election date or for more information.

and Afghanistan, sailors need to be in shape and be ready to respond when called upon. Also, with Sea Warrior in mind, it's becoming even more competitive. A fit sailor is a healthier sailor and it's going to improve the productivity of the command," said Pouncey.

Recent changes to the Physical Readiness instruction give guidance on maintaining the Navy's standards. It also defines consequences for those who fail to meet and maintain standards, including in some cases, administrative separation from the Navy.

"This culture is much more than getting to the gym three times a week for

60 minutes. It's leadership's responsibility to provide a positive climate that promotes health and fitness," Harvey said. "Commands must develop a covenant with sailors to ensure they are able to meet their fitness goals, including providing the time and tools, and leaders, from the deck plate on up, must provide a positive climate that promotes health and fitness."

The full outline of these changes can be found in OPNAVINST 6110.1H. Sailors can find fitness, nutrition and weight management references on the Navy Physical Readiness Program web site under "Support & Services" at www.npc.navy.mil.

WHAT'S NEW at

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Skin Consultant
Cindy Mock
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Force reduction in Iceland reflects focus on new global threats

By Donna Miles
AMERICAN FORCES PRESS SERVICE

WASHINGTON (NNS) — The U. S. government has announced plans to remove its forces from Naval Air Station Keflavik, in Iceland, this fall, but reaffirmed its ongoing commitment to the island nation's security.

U. S. Ambassador Carol van Voorst and U.S. Undersecretary of State Nicholas Burns notified Icelandic Prime Minister Halldor Asgrimsson and Foreign Minister Geir H. Haarde of the decision yesterday, Terry Davidson, a State Department spokesman, confirmed. The State Department officials assured the Icelandic leaders the United States will continue to honor its agreement to provide Iceland's defense under the auspices of NATO and will work with the Icelandic government to come up with an appropriate arrangement, Davidson said.

The decision is part of an ongoing Defense Department plan to restructure the military footprint overseas, which officials said no longer reflects current and emerging threats, Navy Lt. Cmdr. Joe

Carpenter, a Pentagon spokesman, told American Forces Press Service. "Naval Air Station Keflavik's mission stems from countering military threats from the Cold War era," Carpenter said. "Changes in the international security environment require that U.S. forces adjust accordingly to meet the current global threat. " During the Cold War, the air station served as a base for U.S. fighter and patrol aircraft.

The decision is expected to take effect within the next few months, with no significant military presence in Iceland after September, Carpenter said. Affected service members will receive new assignments that reflect current requirements, he said.

About 1,200 U.S. service members, 100 DoD civilians and about 600 Icelandic civilians are based in Iceland in support of the Iceland Defense Force. The United States spends about \$260 million each year to maintain its military presence in Iceland. The United States established the force in 1951 at NATO's request to defend Iceland and the North Atlantic.

U.S. military involvement in Iceland dates back even further, to 1941, when U.S.

Marines arrived after an agreement between the United States, Iceland and Great Britain. The forces replaced the British garrison that was stationed in Iceland after the British occupation in May 1940. U.S. forces briefly left Iceland after World War II, but returned after a 1946 agreement between the United States and Iceland permitted continued use of the base. The United States maintained and operated Keflavik Airport, which U.S. forces had built several years earlier to serve as a refueling point for flights to Europe. Carpenter said the decision to remove U.S. forces from Iceland is no reflection on the two countries' relationship, which remains strong. The U.S. and Icelandic governments are discussing options for security cooperation in today's strategic environment, he said.

"The United States remains fully committed to the U. S. - Iceland defense relationship, the 1951 defense agreement and the North Atlantic Treaty," he said. "We look forward to discussing with the Icelandic government how best to ensure continued close cooperation on defense and security."



Bravo ZULU

CSC (SW/AW) James T. Dykes is presented with the Navy and Marine Corps Achievement Medal by Cdr. Rusty Chang, executive officer, NSA Mid-South, in recognition of his exceptional professionalism as the command's Bachelor Housing Leading Chief Petty Officer from April 2003 to March 2006. (Photo by David Crenshaw)



The Ellison Recreation Center staff served up baked Irish potatoes with the works and a nine-ball pool tournament to help celebrate St. Patrick's Day last Friday. (Photos by Art Frith)

EMPLOYMENT OPPORTUNITY

Director, NMCRS Millington

The Navy-Marine Corps Relief Society needs an experienced manager (part-time, 20hrs/wk) to direct operations at our Naval Air Station Mid-South Millington office. Prior association with NMCRS, as an employee or a volunteer, will be a significant factor in evaluating a candidate's qualification for this position.

Required Qualifications

(1) AA/AS degree (or 1-2 years related experience) (2) Experience in recruiting and retaining volunteers in an organization similar to NMCRS, proven ability to motivate and coordinate the efforts of others to achieve organizational goals; (3) Two years supervisory experience with demonstrated superior leadership, interpersonal and communication skills; (4) Experience in public speaking or as a training facilitator.

Ideal Qualifications

BS/BA; Experience providing personal financial management counseling to others; Knowledge of military pay & allowance systems, military command structures, and military service life as a service member or dependent family member; Familiarity with Microsoft Office.

All candidates must submit a completed and signed employment application to be considered for an interview. You may obtain an application from our Millington office at Naval Station Mid-South, Building S-456, 5722 Integrity Dr., Millington, TN 38054-5045 (Phone: (901) 874-7350, Fax: (901) 874-7360; or from the Society's HR Office in Arlington, VA. Mail or fax application to: NMCRS Headquarters, Attn: Human Resource Division, 875 N. Randolph Street, Suite 225, Arlington, VA 22203. Fax: (703) 696-0144, no later than COB, Friday, April 14, 2006. **Starting Salary \$14/hr.** Although we will acknowledge receipt of all applications, only those selected for interview will receive additional notification. E.O.E.

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Houses Starting at
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Several Floor Plans to Choose From All Under Construction.
We Build Your Plans or Ours!
Call 872-4814 for your appointment today!

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Don't Stop Now!
You're almost finished!



Prove to yourself that you are dedicated to working out and staying fit!
Just keep working out 3 times a week for the remaining weeks to beat the challenge!
You can do it!

JD.F.C. Fitness Challenge 2006
Monday, Jan. 30 - Sunday, April 30

JoeDugger
FITNESS • AND • WELLNESS • CENTER

building S-499 Navy Mid-South (901) 874-5497
Monday-Friday 5 a.m.-9 p.m.,
Saturday 9 a.m.-5 p.m., Sunday and holidays 11 a.m.-5 p.m.
Open 7 days a week!

April is Month of the Military Child...Celebrate!

Activities and special offers for military personnel and their family members during the month of April courtesy of MWR!

Navy Mid-South families are invited to celebrate "Month of the Military Child" together at two special family friendly meal services at the Helmsman Restaurants.

#1 Thursday, April 13, 5 - 8 p.m. "Month of the Military Child." **Dinner Special.** Menu features "All-you-can-eat" spaghetti, pizza buffet with Italian green beans, garlic bread, soup and salad bar and soft drink. Dinner: adults \$5.50, children \$4.

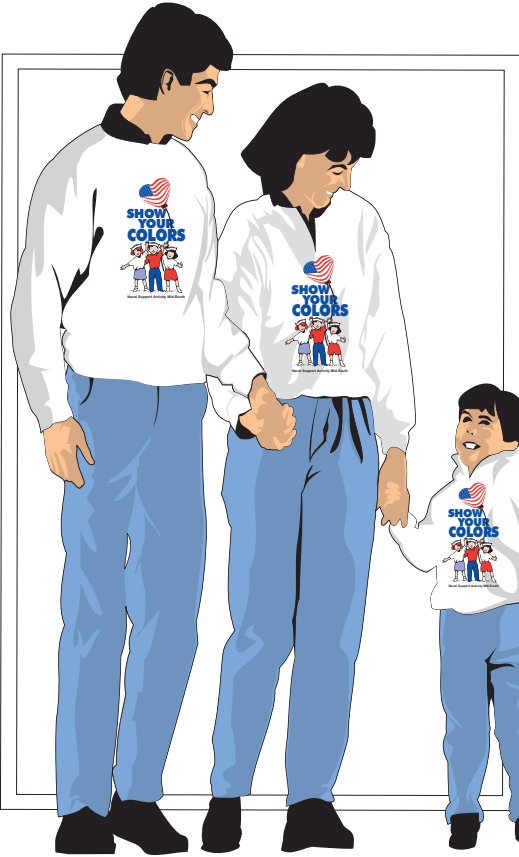
#2 Saturday, April 22, 9 - 11 a.m. "Month of the Military Child." **Breakfast Special.** Menu features Scrambled eggs, sausage, bacon, fruit, French toast, orange juice and milk. Call (901) 874-5132 for more information. Breakfast: adults \$5.50, children \$3.50

During "Month of the Military Child" the MWR Screen-print shop is offering a "Spring Printing Special" to help everyone get a jump on custom t-shirt orders for summer family reunions. Patrons can order a t-shirts with a custom designed 3 color print for only \$4.99 per shirt! For details on this special stop by the Screen Printing Shop located in bldg. S-797 (Craftech) or call (901) 874-5303. Offer valid through April 28.

Family fun offers are available at ITT. Including discount tickets to the Children's Museum, the Memphis Zoo and Malco theaters. For more information stop by the ITT Office (bldg. S-760) or call (901) 874-5652.

Month of the Military Child KidFit Celebration Friday, April 8. Special KidFit day for all children ages 2 to 4 years old. Call (901) 874-5497 for more information.

In celebration of the "Month of the Military Child" the Ellison is going to literally roll out the red carpet for our military children each Saturday during the month of April. Military families and all other authorized patrons are invited to come out for Ellison's **"Month of the Military**



(901) 874-5168 for more information.

The children, parents and staff of the Child Development Center and Child Development Home will celebrate this special time with many fun activities. A collection of the children's artwork will be on display at the center in the Children's Art Gallery, come check it out!!

Teen Center Monthly Membership for April is reduced to \$3 for military and retired military teens in grade 6 and up. Bring your ID or pay the regular fee of \$5! Haven't been to S-770 yet? Your first two visits are FREE! Drop by to check out a list of their April activities.

Saturday Play. The fun doesn't end on Friday! Saturday Play is held each Saturday this month from 1-5 p.m. for kindergarten-5th graders. Registration in the Before and After school program IS NOT required! Drop the kids in while you go catch some zzz's or clean house or go shopping. For more information call (901) 874-5155. **Month of the Military Child Play Day Special.** Active Duty military and retired military kids can join us for \$1, all other eligible kids pay the regular fee (\$3 per child.)

Family Recreation Night is held each Monday at the Youth Center from 5:30-7:30 p.m. Challenge the kids a game of Foosball or enjoy a movie. Free popcorn for Military families!

Friday, April 7 youth in kindergarten-5th grade are invited to join us for **Special Kid's Night Out.** Fee covers supervision, pizza, lemonade and all the fun activities and games here at the Youth Program Center. Space is limited so drop by and register today. Deadline to register April 10. For more information call (901) 874-5155. Active Duty military kids can join us for \$5. Fee for all other eligible patrons \$10. Call (901) 874-5155 for more information regarding Youth program activities.

Child" Special Family Movie Days every Saturday from 1 p.m. - 4 p.m. at the Ellison Recreation Center. The staff is sprucing up the center in preparation make each child feel like a star. Movie line up features a selection of PG and PG-13 family friendly action and adventure films. Ellison opens at 1 p.m., movie starts at 1:30 p.m. Family Movie Days end at 4 p.m. Youth under 18 must be accompanied by a parent or guardian 18 years of age or older. Children treated to free bag of popcorn every Saturday. Call the Navy Motion Picture program Manager (901) 874-5650 for more information.

Golf Course and Eagles Peak Grille is offering children of Military families age 12 and under a **free lunch every Sunday in April!** (Children must be accompanied by a sponsor.) Sunday lunch 11 a.m - 1 p.m. Children's meal includes chicken fingers or hotdog, fries and a drink. After eating lunch children can also enjoy a free bucket of range balls. (Children must be accompanied by a sponsor.) Check into the Pro-shop for golf balls. Call

Youth Center and Teen Center happenings

NAVY TEEN CENTER

Available at TC:

- large screen TV
- PS 2 & X Box
- computers
- trips & events
- friends

Transportation provided to the Teen Center from Millington Middle & Millington High to the Teen Center for north side housing & off-base MWR eligible residents each afternoon.

First visit is FREE!

Hours: 2:15-6 pm Monday-Thursday
2:15-9 pm Friday & 4-9 pm Saturday
Monthly pass is \$5

Two staff members at all times!

Navy Teen Center 901-874-5494 Bldg. S-770

FAMILY SKATE NIGHT

8 & older can stay unaccompanied

Saturdays 7-10 pm

Hosted at the N-52 Gymnasium by your Navy Youth Center

Skaters of all ages are invited to join us at the Gym each Saturday for a night of family fun. Admission of \$3 includes skate rental. Parents accompanying their children skate Free

Great location for birthday parties and end of the season team parties!

Separate areas for beginners, parties & teens (6th-12th)!

Youth Center 901-874-5155

SATURDAY PLAY

Navy Youth Center Bldg. 936 901-874-5155

K-5th Graders

Saturday 1-5 pm \$3

Fun, games & friends await!

Registration in the Youth Center's Before & After School Program is NOT required. Simply complete/update paperwork!

At the Youth Center mid-August through April!

No School = YC Play Day

Play Day Calendar is available at front desk!

Shelby County Schools will be taking a break soon! How will YOUR K-5th grader spend their time while your at work?

Good Friday (14 April)

Pre-register only for the days you need!
Daily fun from 6:30 a.m. - 5:30 p.m. Pack a sack lunch!

Navy Youth Center 901-874-5155 Bldg. 936

Dance Classes

Ballet, Jazz & Tap

NSA Mid-South Conference Center N-767

AGE GROUP CLASS TIME

2-4 years 9-10 am

4-5 years 10-11 am

6-8 years 12-1 pm

8-12 years 11 am-12 pm

12 & older 8-9am

Monthly Fee: Military/Retiree \$30 DoD \$35 Community Civilian \$40

First class is FREE!

Call the YC for class info & for multi-child discount rates!

Instructor: Peggy Holden Armstrong has over 30 years experience in dance instruction.

Youth Center 901-874-5155

KARATE

SHORIN-RYU

MONDAY & WEDNESDAY

5:30-7 pm YC Bldg. 936

Ages 6-Adult

All Okinawa Shorin-Ryu Federation Karate and Kobudo Federation

Monthly Fee: Military/Retired: DoD Civilian: Ages 6-8 \$15 Ages 6-8 \$20 9-16 \$20 9-16 \$25 17 & up \$25 17 & up \$30

THIRTY CLAY IS FREE!

Navy Youth Center

Bldg. 936 901-874-5155

WHAT'S HAPPENING

@ your Navy Youth Center and Teen Center?

Here is an overview of our ongoing programs and events. Please stop by or call for further information.

Navy Youth Center Bldg. 936 901-874-5155

Navy Teen Center Bldg. S-770 901-874-5594

Visit www.nsamidsouth.navy.mil for MWR info, the required YC and TC paperwork.

FAMILY RECREATION NIGHT

YOUTH CENTER BLDG. 936

Challenge the kids to a board game or enjoy a movie together!

Available at YC:

- relaxed atmosphere
- movies on a big screen TV
- foosball and games
- family friendly concessions

Monday and Wednesday 5:30-7:30 p.m.

Enjoy a FREE night out together as a family!

Navy Youth Center 901-874-5155

Navy Youth Center

Before and After School Program

Choose only what your schedule requires Before, After or both sessions Weekly Fee based on family income transportation provided by Shelby County or the Youth Center Join us for USDA Snacks Homework Power Hour, group games, fun and more!

Opens @ 6:30 a.m. Closes @ 5:45 p.m.

901-874-5155 Bldg. 936

UPCOMING KID'S NIGHT OUT

\$5 non-refundable deposit required of all KNO participants to be placed on the list. For more information call the Youth Center at (901) 874-5155.

WHO	WHERE	WHEN	REG.	HOW MUCH/INCLUDES
1 st -5 th	Movie (G)	Friday, 7 April	3/27	\$10 = Movie ticket, transportation to/from movie, supervision, ride home (upon request)
*	Ice Age 2	6-11pm		
K-5th	Youth Center	Friday, 21 April	4/10	\$10** = Fun, pizza, lemonade, games & supervision
		530-11pm		**Month of the Military Child = \$5 discount Active Duty
K-5th	Youth Center	Friday, 5 May	4/24	\$10 = Fun, games & supervision
		6-11pm		

* Kindergarteners become eligible for KNO-trips effective January 2006 on a case-by-case basis.

Earth Day Run Walk 2006

Tuesday, April 3



Post race refreshments and t-shirts for all who participate!

Register today!

Joe Dugger Fitness and Wellness Center
bldg. S-499 NSA Mid-South, Millington TN
(901) 874-5497

FAMILY MOVIE DAY!
at the Ellison Recreation Center
every Saturday 1 - 4 p.m.
(Movie begins at 1:30 p.m.)

The whole family is invited!
Drop by to enjoy a family rated movie and popcorn. Challenge your child to a game of pool, let them dazzle you with their video game prowess or just hang out.

25 March
Harry Potter and the Goblet of Fire (PG 13)

Family Movie Day is open to all MWR authorized patrons. MWR authorized patrons are defined as all personnel who live and work onboard Navy Mid-South as well as Active Duty, Retired, and Reserve Military Personnel, Naval Support Activity Mid-South civilian personnel and their family members. Youth under 18 must be accompanied by a parent or guardian 18 years of age or older.

Ellison Recreation Center bldg S-499 NSA Mid-South. (901) 874-5650.

Morale, Welfare and Recreation

Tomorrow! Friday, March 24, 10 a.m. - 1 p.m.
Navy Mid-South Conference Center
walk, run, drive or catch the shuttle
but don't miss it!



Travel Fair highlights
Free drawings, free giveaways,
free refreshments, special offers and over 25
exhibitor booths including:

- Theme park attractions**

 - Walt Disney World
 - Colonial Williamsburg
 - Great Passion Play
 - Six Flags St. Louis
 - Six Flags over Georgia
 - Magic Springs
 - Dollywood
 - Gaylord Entertainment
 - Nashville Shores
- Professional Sports and leisure tickets**

 - Riverkings/Xplorers
 - Memphis Redbirds
 - Malco Theaters

Vacation and Travel

 - RCI/AFV Club
 - SATO.com
 - Carnival Cruise Lines

Recreational Lodging

 - Thousand Hills Golf Resort Branson
 - Navy Inns
 - Cottages at Glen Eagle
 - Holiday Inn Sunspree Resort Gatlinburg
 - Navy Lakes Picnic Area/RV Park
 - GovArm.com
- Museums and Tourist attractions**

 - Rock n' Soul Museum
 - Graceland
 - Kissimmee Florida
 - Universal Studios
 - Convention and Visitors Bureau
 - Ride the Ducks
 - Tennessee Backroads Heritage Inc.

Summer time is fast approaching and the staff at your Navy ITT Office has planned a spectacular fair designed to showcase the wide variety of travel products and services ITT has to offer. We are proud to offer these products and services to the Mid-South community and sincerely hope that every one of our valued patrons will join us.

Everyone is invited!

Free shuttle to Travel Fair for south-side patrons!



Event sponsored by:



Disclaimer: While the Department of Defense and the Department of the Navy cannot officially endorse any commercial product or service, the support given by the sponsors is appreciated.

Enter to win!

- Free 8 day 7 night resort lodging - (AFV Club)
- Free hotel stay & rental car - (Sato)
- Free get-a-way package for 2
2 nights lodging, 2 Passion Play & Pine Mountain Jamboree tickets (The Great Passion Play)
- Free 2 Nights Stay including Breakfast
(Holiday Inn Sunspree Resort Gatlinburg)
- Free 2 Nights Stay in Luxury 2 Bedroom Condo
(Thousand Hills Golf Resort)
- Free Kissimmee Vacation package
Includes stay at Quality Suites; Dollar Rental Car for 6 days; 2 admissions to Boggy Creek Airboat Rides; Congo River Golf; Gatorland; Wet n' Wild; Wonderworks/Magical Midway; Arabian Nights; Capone's Dinner & Show; Medieval Times and including an Orlando Premium Outlets Gift Tote Bag
- Free Stay in Orlando + enter to win Norwegian Cruise
- Free Gridiron tickets to Xplorers
- Free WDW Theme Park Merchandise
- Free Magic Springs Tickets
- Free Ride the Ducks Tickets
- Free Graceland Platinum Tour tickets + Guide Book
- Free Six Flags over Georgia + White Water Tickets
- Free Six Flags St. Louis Tickets
- Free Freedom Pass to Colonial Williamsburg
- Free Vacation Coolers - (Navy Inns)
- Free Rock n' Soul Merchandise & Membership
- Free TN Backroads Heritage Gift Basket
- Free Malco Tickets
- Free Tickets to Dollywood

You do not have to be present to win! (Local MWR Employees are not eligible).

More great travel and ticket offers
like these at the Travel Fair!

For more information call (901) 874-5455/5652



Special Disney Cruise rates for Active Duty Military
(Offer for March and April 2006)

7-Night Cruise! From...\$999.00 per adult (Standard inside Stateroom)
3-Night Cruise! From...\$549.00 per adult, \$399 per child (3-12)
(Deluxe Outside Stateroom)



Cardinals vs Dodgers at New Busch Stadium!
ITT Overnight trip scheduled July 14-15

Single \$245 • Double \$340 • Triple \$435 • Quad \$530

Cost includes tickets to the game; deluxe hotel accommodations at the Sheraton Hotel St. Louis; round trip transportation onboard MWR Coach Bus; sodas/water and movies en route; and Anheuser Busch Brewery Tour admission. Deadline:Deadline to sign up June 14, 2006.



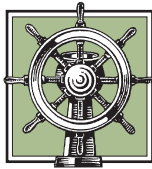
Discount Game tickets!

Memphis Grizzlies vs Atlanta Hawks
Sunday, April 2, 2006 at 3 p.m.

\$23.50 \$31.50 \$58.50

With each ticket purchased receive Malco Movie Voucher, free Grizzlies T-shirt voucher and free game voucher.

... Dining...



at the
HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more!
Lunch served 10:30 a.m.-1 p.m.
Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5²⁵ Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items
from the buffet, one starch, one vegetable
and a side salad or cup of soup with rolls
plated from the buffet selections by your server.



SUNDAY CHAMPAGNE
BRUNCH

MARCH 26! 11 A.M. - 1 P.M.

Adults \$8.95
Children age 5-10 half price
Children under 5 eat free

Easter
Brunch
Sunday, April 16
11 a.m. - 2 p.m.
in the Helmsman Complex
Ballroom

Tennessee sugar cured ham,
roast tom turkey with giblet gravy,
top round of beef au jus,
southern style cornbread dressing,
candied yams,
mashed potatoes with gravy,
whole kernel corn, Italian green beans,
crisp fried okra,

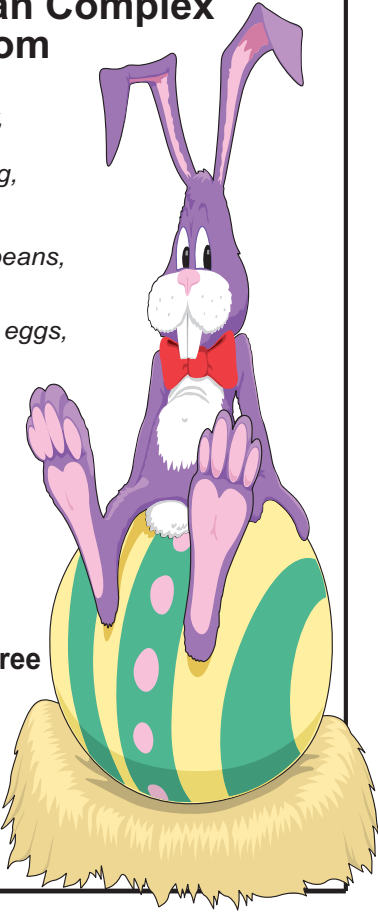
bacon, sausage links, scrambled eggs,
French toast, rolls biscuits,

Caesar salad, mushroom salad,
pasta salad, fruit salad,

Cookies-N-Cream pie,
strawberry pie, key lime pie,
Chocolate Seduction cake.

Adults \$9
Children (age 5-10) \$5.25
Children 4 and younger eat free

Reservations recommended
Please call 874-5442
Walk-ins seated as tables
become available.



IN THE COMING WEEK!

MAR. 23-APRIL 1, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>Enjoy a FREE picture show in our 36-seat movie theater.</div> <div>Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</div> <div>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</div>				<div><i>Helmsman Lunch Buffet 23</i> Roast Beef Pit Smoked Ham</div> <div>Over 30 Basketball League March-April Rosters due today.</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Aeon Flux (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet 24</i> Fried Catfish Ham and Broccoli Linguini</div> <div>Navy Mid-South Millington TN  Information, Tickets and Travel Office 10 a.m. - 1 p.m. Navy Mid-South Conference Center</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Stone (PG 13)</i></div>	<div> FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Harry Potter and the Goblet of Fire (PG 13)</i></div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Jarhead (R)</i></div>
<div>26</div> <div> Sunday Champagne Brunch 11 a.m.-1 p.m. Helmsman Complex</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Shop Girl (R)</i></div>	<div><i>Helmsman Lunch Buffet 27</i> BBQ Chicken BBQ Ribs</div> <div>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</div> <div>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Ringer (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet 28</i> Beef Brisket Teriyaki Chicken Breast</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Kiss Bang Bang (R)</i></div>	<div><i>Helmsman Lunch Buffet 29</i> Southern Fried Chicken Beef Tips with Wine Sauce</div> <div>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</div> <div>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</div> <div> BINGO 4-10 p.m. Bingo Hall!</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Just Friends (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet 30</i> Roast Beef Pit Smoked Ham</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Family Stone (PG 13)</i></div>	<div><i>Helmsman Lunch Buffet 31</i> Fried Catfish Hamburger Steak</div> <div> BINGO 4-10 p.m. Bingo Hall!</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Derailed (R)</i></div>	<div>1</div> <div> FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Title to be announced</i></div> <div>Free Movie 7 p.m. at the Ellison Rec. Center <i>Title to be announced</i></div>

TB is still a health concern

COURTESY OF MEMPHIS AND SHELBY COUNTY HEALTH DEPARTMENT

MEMPHIS, TN - On Friday, the Memphis and Shelby County Health Department will observe World Tuberculosis (TB) Day. That day marks the 124th anniversary of the discovery of the germ that causes the disease.

The Memphis and Shelby County Health Department's TB Control Program will have an informational display in the lobby of the Health Department at 814 Jefferson Avenue from 8 a.m. to 4:30 p.m. on Friday. The TB Control Program will show educational films and hold trivia contests throughout the day. Prizes will include gift certificates to area restaurants.

TB is a disease spread by bacteria called Mycobacterium tuberculosis. The bacteria usually attack the lungs, but can attack any part of the body including the kid-

ney, spine and brain. If not treated properly, TB can be fatal. It was once the leading cause of death in the United States. In the 1940s, scientists discovered the first of several medicines now used to treat TB. As a result, the incidence of the disease in the United States began to decline slowly. But in the 1970s and 1980s TB control efforts were neglected and nationally the number of cases began to increase. In 1992, federal funding was increased for TB control efforts, and the disease incidence has begun to decline again.

Public health officials credit the decline to contact investigations of all people exposed to active TB and aggressive treatment of all active cases.

Control efforts appear to be paying off here in Memphis and Shelby County. The Health Department staff quickly and aggressively investigates every suspected or reported case and with cooperation from everyone, all

contacts are tested and many are placed on preventive therapy. The numbers of reported TB cases in the past two years are significantly lower than the numbers reported 10 years ago.

TB can be spread when an individual with an active case of the disease coughs, speaks, sings or sneezes. The disease is most likely to be spread to people the infected person spends time with every day, including family members, friends and coworkers. TB is treatable and curable, but it has to be detected first. Symptoms include:

- * Coughing
- * Night sweats
- * Fever and chills
- * Unexplained weight loss

If you have experienced those symptoms for more than two weeks, contact your private physician or the Memphis and Shelby County Health Department's Tuberculosis Control office at 544-7616 between 8 a.m. and 4:30 p.m., Monday through Friday.

REPORTED TUBERCULOSIS CASES SHELBY COUNTY, TENNESSEE

Year	Number of Cases
1994	105
2004	85
1995	99
2005	89

Blood: The gift of life

COURTESY OF MID-SOUTH CHAPTER AMERICAN RED CROSS

The American Red Cross collects almost half of the blood supply in the United States. Every day about 34,000 units of blood are needed, but only five-percent of the eligible population donates.

Since blood products are distributed to hospitals daily, any decline in collections can result in a blood shortage. You can help make a difference. The entire process of donating blood only takes about an hour from start to finish and your single donation can save as many as three lives.

Each month there are blood drives organized in and around the NSA Mid-South area communities for your convenience. Come and give the gift of life. To donate blood, you must be at least 17 years of age, weigh a minimum of 110-pounds, be in general good health, and not have taken aspirin within 48-hours prior to your time of donation. For a successful blood donation, remember the following tips before you donate: get a good night's sleep; eat a healthy breakfast or lunch; drink plenty of fluids, preferably water, several hours before you donate blood. Also, please have a blood donor card or photo ID with you at the time of donation.

If you are interested in donating blood, or to get more information, call the American Red Cross at 1-800-GIVE LIFE.



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EYE ON THE FLEET



An F/A-18C Hornet assigned to the "Rough Raiders" of Strike Fighter Squadron 125 launches from the flight deck aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), which is currently conducting carrier qualifications off the coast of Southern California. (Photo by PH2 Mark J. Rebilas)

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Wednesday Night is "Family Night"
Kids eat free with each adult paid meal

Hours:

Lunch:	Mon. - Fri.	11AM - 2PM
Dinner:	Mon. - Fri.	5PM - 10PM
	Sat.	4PM - 10PM
	Sun.	11:30PM - 3:00PM





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